

## TREK Outdoors

Throughout the summer Mountain Youth Network has facilitated outdoor opportunities for youth via TREK Outdoors. The goal of TREK Outdoors is for any young person in Clear Creek County to have access to the incredible outdoor recreation opportunities that exist in our own backyard! Along the way students build leadership and life skills like resiliency, teamwork, empathy, responsibility, problem-solving, and communication. As the program develops in the variety of activities offered, technical outdoor skills will be taught incorporating safety and stewardship. TREK Outdoors hopes to address access and build confidence to explore. The possibilities of this program are endless!

Students explored Idaho Springs, Georgetown, and St. Mary's Glacier on various hikes this summer led by adult volunteers and Georgetown Outdoor Discovery, LLC. As the seasons change TREK Outdoors purchased snowshoes last year that will allow students to continue to engage outside despite the weather. By November, Mountain Youth Network will hire a Youth Programs Coordinator to further design and develop TREK Outdoors. This will increase youth engagement and MYN capacity to customize involvement for Clear Creek students. We are excited for the adventuring to come!



## Scope of Work

Mountain Youth Network was originally established with Communities that Care (CTC) funding for upstream prevention work for Clear Creek County youth. CTC is a five-phase prevention science framework to promote healthy youth development, improve outcomes, and reduce unhealthy behaviors. The CTC process sets up the community to build a coalition (Mountain Youth Network), to evaluate the specific needs of the area and select the research based strategies or programs to reduce risk factors and increase protective factors. This work in Clear Creek County began in 2016 and as momentum increased the Office of Behavioral Health (OBH) offered additional funding for expansion of our work and programming. The OBH grant supports TREK Outdoors, our new youth-friendly space (known as TREK HQ at the District Office on Highway 103), and the implementation of evidence-based programming. In partnership with the school district, Botvin LifeSkills Training has been selected to begin for middle school students and potentially to all grades in the future. This well-established program is the perfect fit to support our work in Positive Youth Development. The school will begin Botvin LifeSkills Training for students in January of 2021.

# Find your path.

**We've been busy!**

**July-Aug-Sept Activities**

## Positive Youth Development (PYD)

- PYD/SDS Affinity Group Zoom
- PYD 101 Content Review for upcoming delivery
- PYD 101 Training scheduled for Oct in Clear Creek

## Community Mapping Strategy

- Work Sessions with Youth Advisor on StoryMap
- Scheduled to present to commissioners in Oct/Nov

## Youth Communications Workgroup

- Podcast Recording—The Fishbowl
- Website work
- Colorado Constellation Project with Rise Above
- Clear Creek Courant submissions for [July](#) and [August](#)

## Clear Creek School District Collaboration

- CCSD/TREK Career Talks—US Air Force
- Virtual Learners ProSocial Options planning (with principal, superintendent, Homeschool Collective)
- Homegrown Talent Initiative on TREK Outdoors
- Evidence-based program evaluation and selection

## Other Coalition Activity

- MYN Key Leader meeting to discuss backbone agency and department/entity sponsor for CTC work/grant
- Gallery posters to review Coalition Survey Results
- Data workgroup reviewing 2019 HKCS results

## TREK Outdoors (Youth Leadership Program)

- TREK Outdoors Committee Meeting with HTI
- Equity & Inclusion meeting with coalition members
- TREK Outdoors Hikes

## Community Collaboration

- Clear Creek Open Space and Clear Creek Trails projects
- Discussions with Jefferson Center on mental health resources and potential delivery of *Sources of Strength*
- Community one-on-one overview/discussion meetings on MYN Coalition work:

- CCHS Principal
- Clear Creek Recreation Center
- Clear Creek Homeschool Collective
- Idaho Springs Police Department
- Clear Creek Open Space

## What's Next:

- Hiring of Youth Programs Coordinator to develop youth involvement activities and TREK Outdoors
- Possibly pivot from Policy Strategy to Positive Messaging Media Campaign to address the risk factor: *Perceived Availability of Substances*
- Begin planning for implementation of evidence-based program for middle school starting second semester
- Upcoming SOAR (Skills, Opportunities, And Recognition) Presentation by TREK Talks
- Youth presentation to County Commissioners in final quarter of 2020.

[Click Here for UPCOMING EVENTS](#)



Contact us to get involved!



@trek\_teencouncil